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'ROSEANNE' IS BACK TONIGHT

20 years after you last saw the Conner family, a Trump-era catch-up. 21

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END IT LIKE BECKHAM?

Giants could trade away their star receiver who was threatening to hold out if not given a long-term contract extension. 25

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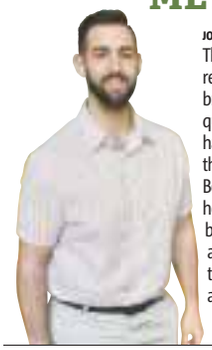


JOE PANTORNO, SPORTS EDITOR

There is no denying that Giants wide receiver Odell Beckham Jr. is one of the brightest stars in New York. Yet some questionable actions on and off the field have dulled the 25-year-old's security in the Big Apple. With free agency looming, Beckham has threatened to hold out until he gets a long-term contract extension, but the Giants might be looking to go in a completely different direction, possibly trading the gifted receiver. Would dealing away the Pro Bowler be a smart move?

Read more on page 25 and at **metro.us**.

PORN STAR SUES TRUMP'S LAWYER FOR DEFAMATION

1 Stormy Daniels sued Donald Trump's lawyer Michael Cohen on Monday for defamation, according to court documents, escalating a legal battle between the American president and the porn star that the White House was struggling to contain. Daniels, whose real name is Stephanie Clifford, made the claim a day after her widely watched TV interview on "60 Minutes" on CBS. Daniels said she was threatened with violence to keep quiet about her alleged 2006 tryst with Trump. At the White House, a spokesman in a briefing with reporters cast aspersions on her account. The White House has denied allegations that Trump had a sexual relationship with Daniels. CBS Corp said the show drew its biggest audience in more than eight years, with 21.3 million Americans tuning in.

SHUT-OFF SWITCH TRIPPED IN NYC HELICOPTER CRASH

2 An emergency fuel shut-off switch had been accidentally tripped moments before a fatal crash of a helicopter in New York's East River on March 11, a pilot told the National Transportation Safety Board in a preliminary report released Monday. The Eurocopter AS350 chartered by Liberty Helicopters of New Jersey crashed, killing all five passengers after a private photo shoot trip over New York City. The pilot, who escaped, also told the NTSB that the engine trouble started shortly after a passenger slid across the seat and leaned back to take a picture. The pilot also said he saw part of a passenger's restraint harness underneath the switch as the craft was going down. The pilot said he was "committed to impact," and "when he reached down for the emergency fuel shut-off lever, he realized that it was in the off position," the report said.

5 THINGS YOU NEED TO KNOW

LONDON BRIDGE TERROR ATTACK TRIBUTE MURAL

3 British-born Australian artist James Cochran puts the finishing touches on a mural to commemorate the victims of the London Bridge Terror Attack, on Monday in London. The piece of street art features eight hearts, one for each of the people killed in the attack on June 3, 2017. The mural, which will take three days to complete, is located by Borough Market, where the attack took place.

GETTY IMAGES

WHITE HOUSE EXPELS 60 RUSSIAN DIPLOMATS

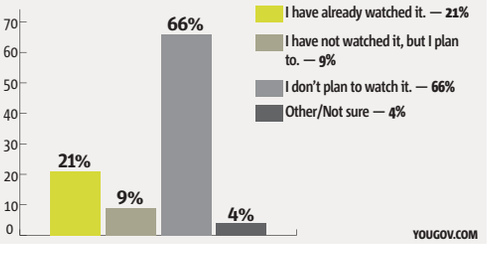
4 The U.S. would like to have a cooperative relationship with Russia but actions like Moscow's "brazen" attack on a former Russian spy in Britain prevented that, the White House said on Monday. "Our relationship with Russia is frankly up to the Russian government and up to Vladimir Putin and others in senior leadership in Russia," White House spokesman Raj Shah told a news briefing after the Trump administration ordered the expulsion of 60 Russian diplomats. "We want to have a cooperative relationship. The president wants to work with the Russians but their actions sometimes don't allow that to happen," Shah said. The staff expelled by the United States included 12 intelligence officers from Russia's mission to the United Nations for activities the U.S. said were outside their official capacity and an abuse of their privileges of residence.

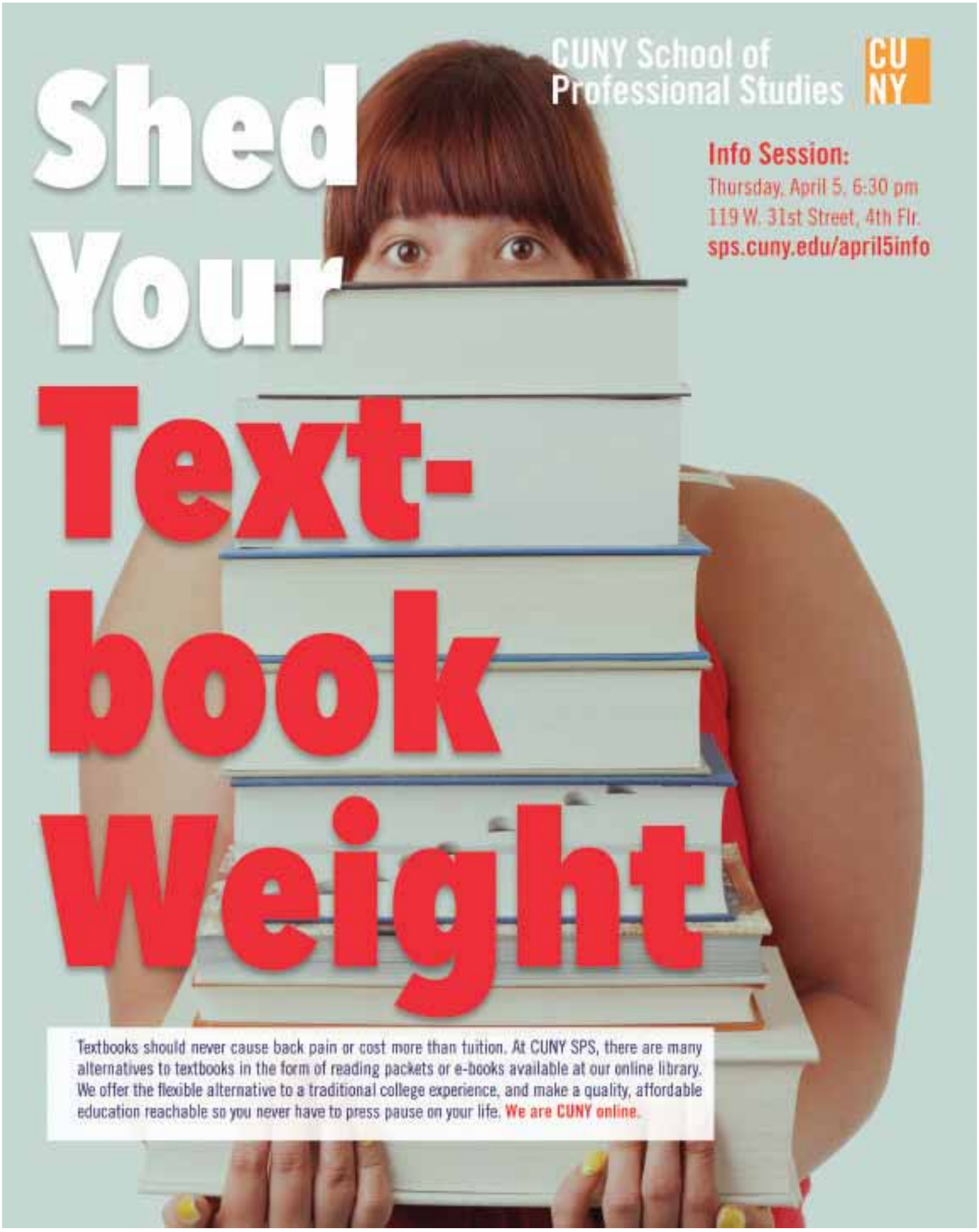
STATE ATTORNEYS WANT ANSWERS FROM FACEBOOK

5 The leading U.S. consumer protection regulator and attorneys representing 37 states stepped up pressure on Facebook Inc. on Monday to explain how the social network allowed data of 50 million users get into the hands of a political consultancy. The U.S. Federal Trade Commission took the unusual step of announcing that it had opened an investigation into the company — which it generally only does in cases of great public interest — citing media reports that raise what it called "substantial concerns about the privacy practices of Facebook." On the same day, a bipartisan coalition of 37 state attorneys wrote to Facebook, demanding to know more about the company's role in the manipulation of users' data by the consultancy Cambridge Analytica, which used it to target U.S. and British voters in close-run elections.

STORMY DANIELS ON TV

Stephanie Clifford, the adult film actress known as Stormy Daniels who has alleged she had an affair with President Trump, was interviewed Sunday on "60 Minutes." Did you, or do you plan to, watch the interview?

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Meet Rubén Díaz Jr, the Bronx BP who wants to be your next mayor

"I feel optimistic that there's a place there for someone who is a genuine New Yorker who was born and raised in the very darkest times of NYC."

NIKKI M. MASCALI
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Walking around the South Bronx with Borough President Rubén Díaz Jr. is a bit like walking around with a celebrity. Whether strolling the sidewalks or riding in a car, Bronxites wave, call out and come up to Díaz, who has represented them in some capacity since 1997.

"The best part of my job is there is no typical day," Díaz, 44, told Metro Friday over sushi at Ceetay, a Mott Haven eatery he frequents.

The son of former state senator and current City Councilman Rubén Díaz Sr., the younger Díaz got bit by the political bug early, starting out as a City Council messenger before being elected to the state Assembly at 23, the youngest person to do so since Theodore Roosevelt.

When President Barack Obama tapped then-Bronx BP Adolfo Carrión Jr. to a White House position in 2009, Díaz won a special election for the office by a landslide.

Since he took office, the Bronx has seen the Bronx River restored, tens of thousands of units of housing developed, drops in crime and unemployment rates and $15.5 billion in private investment among other things. The horizon includes four new Metro-North stations, this year's forthcoming NYC Ferry service in Soundview and FreshDirect moving its headquarters to Mott Haven.

"What I'm most proud of, I guess, is the psychology of the Bronx," Díaz said. "There was a disconnect, but now we believe in ourselves. … Life isn't perfect, but people expect and know they deserve better."

In January, Díaz began his second and final term as Bronx borough president, and there is one more political position he has his sights on: being mayor of New York City, a feat just one other BP accomplished in 1990, when David Dinkins was elected after three years as Manhattan BP, the Board of Elections said. If elected, Díaz would be the city's first Latino mayor.

"The best part of my job is there is no typical day."

Rubén Díaz Jr.

"I'm looking and exploring and considering and raising money for it," he said. "I feel optimistic that there's a place there for someone who is a genuine New Yorker who was born and raised in the very darkest times of New York City. I was born to Puerto Rican parents and lived in city housing and worked my way up the political ladder to do something to turn around a community in one of the most underserved areas of the city."

Beyond the mayoral election is unchartered territory for Díaz, who has two sons, Ruben III and Ryan, with his wife, Hilda.

"If I'm given that opportunity, then that's where I would like to be," he said. "If not, then I'm satisfied with my political career and will feel totally at peace with myself walking away."

Bronx Borough President Rubén Díaz Jr. has his eyes on the mayor's office when his second and final term ends in 2021. NIKKI M. MASCALI

Four places BP Díaz thinks you should visit in the Bronx

CEETAY

"I love sushi, and I was tired of going to other places outside the Bronx to get good sushi," Díaz said of the five-year-old eatery at 129 Alexander Ave., whose tuna bruschetta alone is worth a visit.

ORCHARD BEACH

Díaz has spent summers at this Bronx public beach since childhood and can still be found salsa dancing there all summer. Extensive renovation on its pavilion is slated to begin soon.

"I hope to have the No. 1 beach in the state of New York be Orchard Beach, and the pavilion be a place we use year-round," he said.

SOUNDVIEW PARK

This 205-acre park "was where they used to dump cars into the Bronx River," Díaz said, "but we put tens of millions of dollars into the park, and we have an amphitheater where we do movies and shows."

ARTHUR AVENUE RETAIL MARKET

This Italian market houses several merchants, and Díaz says to get the Bobby D. (as in De Niro) at Mike's Deli, and "tell Dave that Rubén sent you." The sandwich features figs, prosciutto, fresh mozzarella, parmigiano, roasted red peppers, truffle oil and balsamic.

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Big Brothers Big Sisters NYC is launching an LGBTQ initiative called Big Pride. **GETTY IMAGES**

Big Brothers Big Sisters launches LGBTQ-focused youth initiative in NYC

Called Big Pride, the new initiative of the mentorship nonprofit aims to better serve the needs of LGBTQ youth in New York City.

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Big Brothers Big Sisters of New York City is reaching out to LGBTQ youth in the five boroughs through a new initiative called Big Pride.

Across New York City, Big Brothers Big Sisters (BBBS) serves more than 5,500 young people each year, and though the organization has certainly mentored LGBTQ youth before, it's tweaking its approach to better help that community.

"It's really intentional programming to allow for more of a dialogue, so these young people can feel more supported, so they can have more self confidence, have a better relationship with their families," said Hector Batista, chief executive officer of BBBS of NYC.

"This population is a little bit more vulnerable," he added. "They're most likely to be bullied, they're having problems with the law — they're not being accepted, in some cases, by their own families, which can be a pretty traumatic thing. It's a real challenge."

BBBS specifically looked into LGBTQ-focused services after doing an internal audit, Batista said, and noticed that within the organization itself, LGBTQ kids weren't faring as well as others.

Ninety-nine percent of Littles get promoted to the next school grade, but for the LGBTQ population, that rate was 92 percent. That's still good, Batista acknowledged, but not good enough.

About 20 percent of the LGBTQ kids currently in BBBS said that they thought they could never graduate from high school. To Batista, that number was "unacceptable." For BBBS's general population, 99 percent of Littles who are seniors graduate.

It also took a little while to launch Big Pride, Batista said, because he wanted to make sure he carried out a "listening tour" to hear from organizations in the LGBTQ community and from LGBTQ youth directly.

Through Big Pride, LGBTQ kids will be matched for one-on-one mentorship, but they'll also get to participate in group sessions, led by social workers, so they can meet other LGBTQ kids and, hopefully, feel less alone.

"I think it's about creating a safe space for these young people that allows them to take pride in who they are and allows them to be able to talk about some of their challenges," Batista said. "It's going to be able to help these young people do better and understand things a little bit better."

BBBS also wanted to match more LGBTQ Littles with LGBTQ Bigs, so mentors can share their coming out stories and speak to these kids with more personal experience.

"Our organization has been around since 1904 and for 115 years, we've been focused on serving kids," Batista said. "No matter what. No matter who they are and how they identify themselves, we support kids."

20%

About 20 percent of the LGBTQ kids currently in BBBS said they thought they could never graduate from high school.

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Funeral set for FDNY firefighter killed battling Harlem fire

Michael R. Davidson's funeral mass will take place at St. Patrick's Cathedral on Tuesday. The 15-year FDNY veteran was posthumously promoted to lieutenant.

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A funeral mass for FDNY firefighter Michael R. Davidson will take place Tuesday at St. Patrick's Cathedral. FDNY

The funeral service for Michael R. Davidson, the FDNY firefighter who died early Friday while battling a blaze at a former Harlem jazz club that was being used as a movie location, is slated to take place Tuesday morning at St. Patrick's Cathedral.

Davidson, 37, was a 15-year veteran of the FDNY and a member of Engine Company 69, the first to arrive at the scene of the five-alarm fire at 773 St. Nicholas Ave. near 149th Street.

Officials said Davidson was operating the fire hose nozzle when he became separated from other firefighters as they began retreating when conditions in the building worsened. He was found unconscious and later died at Harlem Hospital.

> **"I have never witnessed firsthand that kind of bravery. I'm in awe of that kind of selfless courage."**
> Edward Norton

On Monday, the city's medical examiner determined that Davidson died from smoke inhalation, ABC7 reported.

The fire is believed to have started in the basement, where a boiler had been worked on Wednesday, the day before the blaze.

The first floor of the five-story building was the site of the former St. Nick Pub, a longtime jazz club that closed in 2011. It had sat vacant until recently, when it began being used as a set location for "Motherless Brooklyn," a 1950s-set film directed by and starring Edward Norton.

Filming was wrapping up late Thursday night in the pub when an assistant director smelled smoke, Norton wrote on Instagram. The crew was evacuated and they began moving their vehicles and equipment so the FDNY could access the building.

"I have never witnessed firsthand that kind of bravery. I'm in awe of that kind of selfless courage," Norton wrote. "It's devastating to contemplate that one of the men we watched charging in there lost his life."

On Saturday, Mayor Bill de Blasio and FDNY Commissioner Daniel Nigro posthumously promoted Davidson to lieutenant. A member of the department since 2003, Davidson had been cited for bravery four times and is the 1,150th FDNY firefighter to die in the line of duty, officials said.

Wake services for Davidson began Sunday afternoon and continued on Monday at Thomas F. Dalton Funeral Home in Floral Park, Long Island. Davidson's funeral mass will begin at St. Patrick's at 10 a.m. Tuesday. He is survived by his wife, Eileen, and four children: Brooke, 7, Joseph, 6, Emily, 3, and Amy, 1.

Davidson's brother, Eric, is an 11-year veteran of Engine Company 88 in the Bronx, and his father, Robert, retired from the department after 26 years of primarily working at Engine Company 69, the FDNY said on Facebook.

The streets near the site of the fire at 773 St. Nicholas Ave. remain blocked off, and the building is slated to be demolished soon so investigators can determine the exact cause and why Davidson became separated from other firefighters, ABC7 reported.

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Tiffany Trump liked an Instagram album of the March for Our Lives rally that included a sign reading "Next massacre will be the GOP in the midterm elections." GETTY IMAGES

Two members of the Trump family are quietly supporting gun control

They may not speak much, but Joshua Kushner and Tiffany Trump are showing up to be counted.

MICHAEL MARTIN
letters@metro.us

Two black sheep of the Trump family voiced their support for gun control over the weekend: Tiffany Trump, the president's daughter with Marla Maples, and Josh Kushner, brother of Jared, aka Ivanka's husband and a presidential adviser.

Josh Kushner attended last Saturday's March for Our Lives, which drew 800,000 people to the nation's capital. He posted a photo and Instagram story of himself and girlfriend Karlie Kloss holding protest signs. His read "Schools Not Warzones."

Kushner later posted an image of Kloss posing with a sign that read "Load minds not guns." He had announced his plans to attend with another post that read "#IWillMarch" — which Tiffany Trump liked.

Is there a secret alliance between the in-laws? The story is developing. For her part, Tiffany Trump liked an Instagram album of the rally that included a sign reading "Next massacre will be the GOP in the midterm elections."

In the days after the shooting at Marjory Stoneman Douglas High School that killed 17 in Parkland, Florida, President Trump suggested he would support tougher background checks for potential gun buyers, along with an increase in the minimum age requirement. Shortly thereafter, he tweeted about having a "great meeting in the Oval Office with the NRA!" and has said nothing else about the subject of guns. He did not tweet about Saturday's March for Our Lives.

Last week, the Justice Department announced it would seek a ban on bump stocks, the device used in last year's Las Vegas mass shooting, the nation's largest, which killed 58 and injured 851.

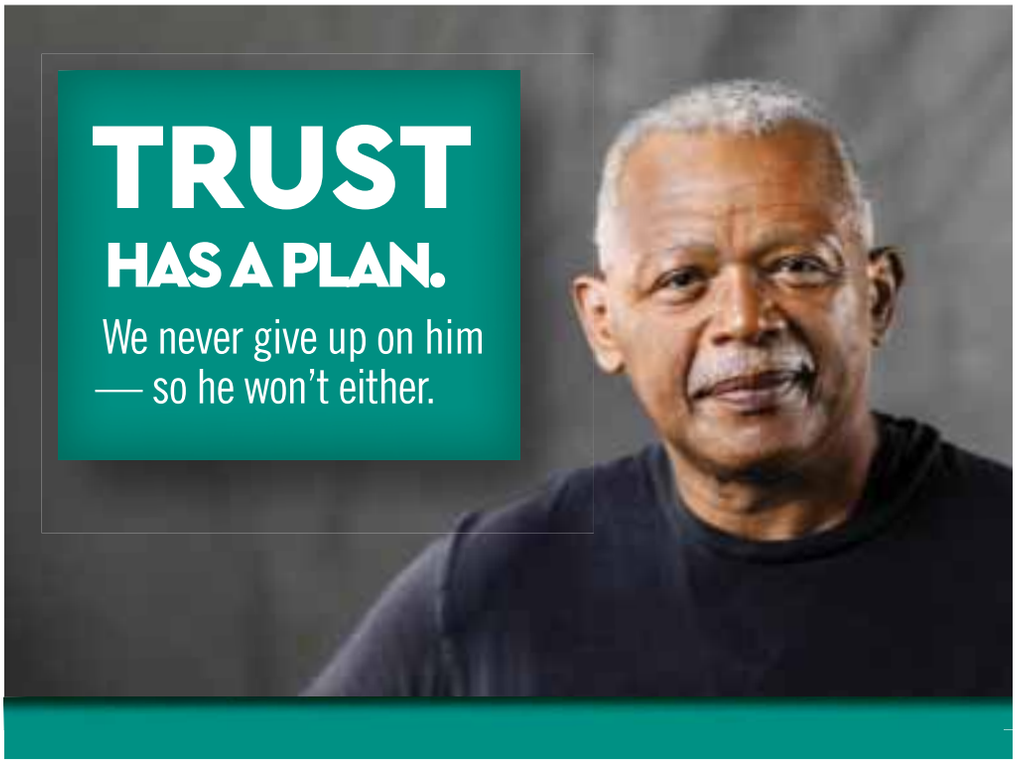
Josh Kushner, 32, is a venture capitalist who has discreetly sided with progressive causes for years and didn't vote for Trump in 2016. He donated $50,000 to the March for Our Lives and was seen in the Women's March on Washington, D.C., which was organized in response to Donald Trump's treatment of women.

In a 2017 Forbes profile, the rarely interviewed younger Kushner said, "It is no secret that liberal values have guided my life and that I have supported political leaders that share similar values," he said. "But neither political party has a monopoly on the truth or on constructive ideas for our country. It's important to be open-minded and learn from differing opinions."

Tiffany Trump has become a nearly mythical sympathetic figure to those who catalog her father's apparent slights toward her: Raised by her mother in California, Tiffany hasn't had the visibility of her stepsiblings Ivanka, Don Jr., Eric and Barron, and she has rarely been photographed with her father since his inauguration. Donald Trump has also said he wasn't thrilled when Tiffany was born, that he was proud of her "to a lesser extent" than his other children and that Ivanka and Don Jr. tried to bump her out of her inheritance.

800K

Josh Kushner was one of approximately 800,000 people to attend Saturday's March for Our Lives in Washington, D.C.



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Why Are So Many Knee Ar
Newest Medical Proced

New York Doc's Merge Best of High Te

Fraction of the cost, less medical risk, little to no downtime and ofte

Hundreds of worst arthritis sufferers from tri-state are

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment" noted one of the doc's at ***NYC Pain MD*** in New York City. "*The same holds true for treating arthritis pain. I believe we are having so much success at* ***NYC Pain MD*** *because of two factors: One is we are using advanced medical technology and treatments many clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid or at the very least delay knee replacement surgery is doing the correct treatment as soon as possible".*

What is the "correct treatment?"

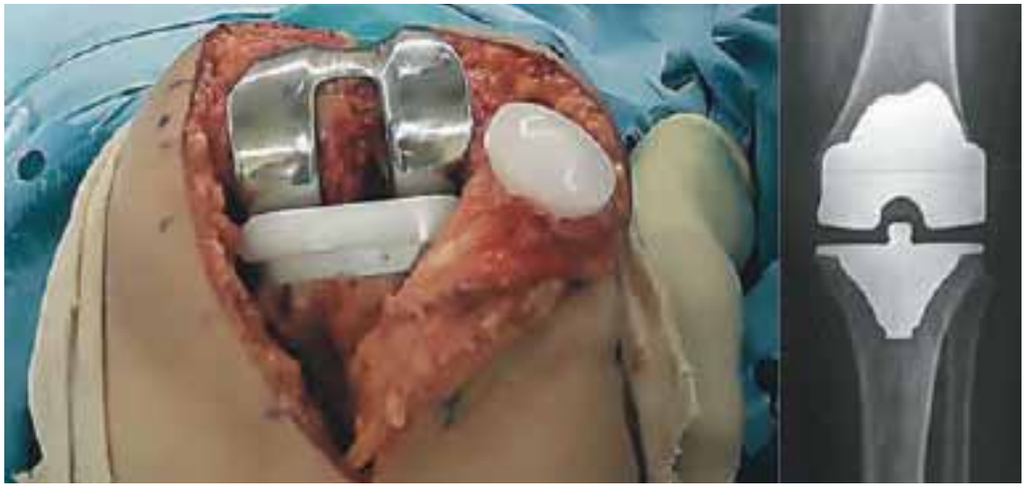
"That depends," noted the doc. *"There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* he added.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby an FDA-approved preparation of Hyaluronic acid - a gel-like medicine is - applied ultra-precisely and virtually painlessly into the knee joint using *Precision Arthritis Targeting Technology.*

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosusupplementation gets the best results and is so important when trying to avoid surgery.

The director of treatment believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at ***NYC Pain MD*** use advanced imaging technology to apply *Precision Arthritis Targeting* during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to.go. Research shows that performing procedures without Precision Arthritis Targeting (P.A.T.T.) can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without Presision Arthritis Targeting Technology and did not get good results - this may be why.

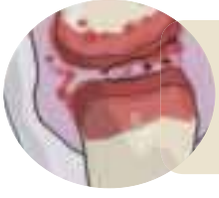


Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife

Normal Pain-Free Knee Joint

Everyone Wants Proof:

In the artist simulated drawings, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.



Knee With Painful Arthritis

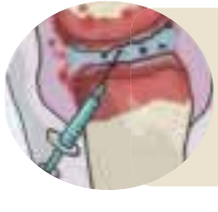
Pain -

Illustration shown is a knee joint with painful xosteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.

Research Shows Doctors Miss The Joint Space Up To 30% Of The Time Without Advanced Imaging

Failed Treatment -

The injection (Lubrication medicine) misses the joint space. Research shows this occurs up to 30% of the time without the use of the digital imaging to guide the injection. This is why lubrication medicine may not have worked for you



Lubrication Medicine Injected Directly Into Knee Join Like "Joint Oil" using Precision Targeting Technology

Successful Treatment -

Successful Treatment - Lubrication Medicine (blue) being precisely injected directly into the knee joint using digital imaging. Advance imaging allows treatments to be as precise as possible. Lubrication medicine can lubricate the joint and decrease pain.

thritis Sufferers Choosing dures Before Surgery?

ch Medicine And All Natural Treatments

n covered by insurance amongst top reasons for high patient demand... a call weekly to find out if treatment may be right for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because thousands of knee pain sufferers have flocked to the ***NYC Pain MD*** New York City for their brand of treatment.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid techncially) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it can be excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

But...when introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get viscosupplementation from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use ***"Precision Arthritis Targeting Technology".*** *This allows us to place he Viscosupplementation exactly where is needs to be. Studies show doctors doing joint injections without Technology can miss the joint up to 30% of the time.".*

Advanced Medical Technology Can Make All The Difference: This advanced Precision Arthritis Targeting Technology using fluorososcopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACTLY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. *NY Pain MD* used this P.A.T. Imaging Technology with each and every treatment.

"***NYC Pain MD*** is a state of the art medical facility offering the best technology".

And that's not all . . .

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years or more for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries." added one of the clinic's doctors.

How To Find Out If It Can Help You?

If you have knee pain, the ***NYC Pain MD*** doctors would like to see if you do qualify for a No-Cost, No-obligation screening to see if you may be candidate for their treatments using *Precision Arthritis Targeting Technology.*

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**EZ payment plans ($99 per month) also available*

All you have to do is call 800-885-KNEE (5633) right now. However, due to extremely high call volume, you may not get a live scheduling coordinator. In that case, do NOT hangup. Just leave a message with your name, phone number and best time for us to reach you. A patient coordinator will get back you as soon as possible to find out if you qualify for the no-cost screening and then find you an appointment time.

And here's something really important -
Viscosupplementation treatments are covered by many insurances, union plans ... even medicare. So, to schedule your no obligation screening or if you have any questions -

Call: 800 885 KNEE (5633)

Are You Qualified For Knee Arthritis Screening With *NYC Pain MD? Find Out Today*

- Do you have pain and osteoarthritis (arthritis) of the knee?
- Have you tried other treatments such as NSAIDS and other anti-inflamatory medications without success?
- Have you already tried viscosupplemention (Hyalgan, Supartz Synvisc) without satisfactory results?

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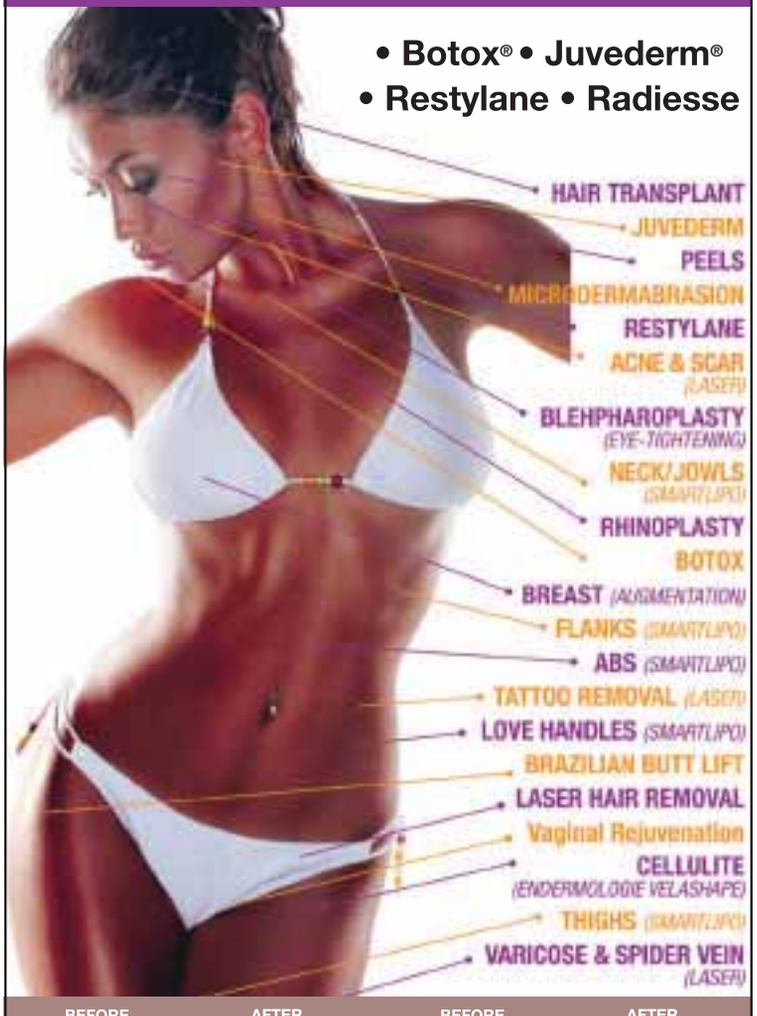

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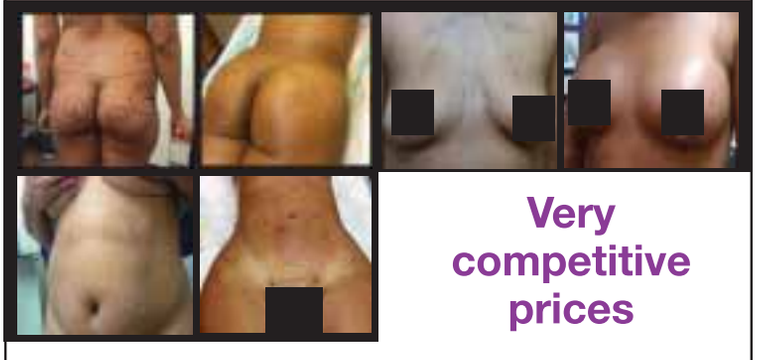

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Celebrate National Whiskey Day in NYC

Can't make it to Michael Jordan's steak joint tonight? Make your own whiskey cocktail at home. MICHAEL JORDAN'S THE STEAK HOUSE NYC

Do we even need to tell you how?

JOSHUA CROUTHAMEL
Joshua.Crouthamel@metro.us

Mark Twain famously stated that "too much of anything is bad, but too much good whiskey is barely enough." But how do we know what's good for us? Just in time to celebrate National Whiskey Day today, Metro spoke with expert Angela Bosco, senior brand manager at Jefferson's Bourbon, ahead of her big event at Michael Jordan's The Steak House N.Y.C. this evening.

What's the deal with whiskey appreciation?
We've seen a renaissance of brown spirits the past few years. What's most interesting to me is not just the appreciation for the category in a traditional standpoint, but the willingness to move beyond traditionalism of creating whiskey … which is essentially distilling (from at least 51 percent corn for bourbon) and aging in barrels that sit idly in a rick house, to the maturation process. Whiskey consumers today are looking for the next best thing created in the most interesting way — we like to push the boundaries of bourbon without compromising the tradition.

SMOKED ROSEMARY MANHATTAN

- 2 oz Whiskey
- ¼ oz Sweet Vermouth
- 2 dashes bitters

Using a bar spoon, stir with ice in a mixing glass. Break off piece of rosemary, and light it. Hold a large glass upside down over the smoldering rosemary. Let the smoke fill the glass, and drop rosemary into the rocks glass. Place a large glass over the rocks glass so that the smoke surrounds it. Leave for a moment and remove.

What makes a good whiskey cocktail?
Balance … and that stands for any cocktail, for that matter. For me, a good whiskey cocktail contains elements that complement the flavor profile of the whiskey (in my case, bourbon). Use ingredients that play off the nuances of the whiskey — not too strong leaning toward one flavor or another. For example, my favorite is Michael Jordan's Old Fashioned, which uses Jefferson's Very Small Batch Bourbon. The muddled sugar brings out the spiciness of the predominate rye in our mash bill, the bitters blends the spicy and sweet together while the citrus peel creates a finish that highlights the orange essence in our small batch bourbon.

I'm a beer guy, so what's the best beginner's whiskey?
To me, beginner's whiskey is a farce. Whiskey shouldn't be feared or only enjoyed by the connoisseurs, it should be sampled by everyone. I tell new people to get out there and try as many different types as possible — don't be scared.

Bosco will be conducting a complimentary tasting tonight from 6-7 p.m. at Michael Jordan's The Steak House N.Y.C. located on the balcony of Grand Central Terminal.

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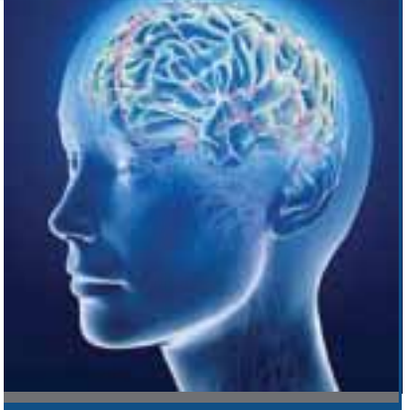

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DO YOU HAVE
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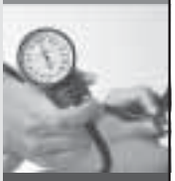

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Is chewing gum bad for you?

Why your gum might be to blame for your gut bloat.

MEAGAN MORRIS
letters@metro.us

That piece of gum you pop after lunch to keep your garlic breath at bay might be the reason why you feel bloated later in the day, at least according to one study. But is chewing gum bad for you?

Researchers at Binghamton University in New York found that titanium oxide — a food common food additive for things like chewing gum — can mess with your digestive tract and keep nutrients from being absorbed properly. Even worse: The additive can also increase inflammation.

During the study, researchers found that the participants who ate titanium dioxide-laced foods for all three meals over a course of five days showed changes in the structure of their microvilli, or the surface cells of the small intestine. These changes stunted the cells' ability to absorb fatty acids and nutrients like zinc and iron.

The intestinal lining also showed some weakening and metabolism slowed.

That aside, titanium oxide is found in a ton of foods and is recognized by the FDA as safe.

"Titanium oxide is a common food additive and people have been eating a lot of it for a long time — don't worry, it won't kill you!" Biomedical Engineering Assistant Professor Gretchen Mahler, one of the authors of the paper, said in the study. "[B]ut we were interested in some of the subtle effects, and we think people should know about them."

The benefits of chewing gum

So is that it? Is chewing gum bad for you, period? Not so fast. While the study might be a little concerning, chewing gum does provide plenty of benefits, especially if it's sugar-free.

The American Dental Association actually endorses certain brands of chewing gum, like Trident. The honor is only bestowed with the ADA Seal if it's shown scientifically that it can protect the teeth (like sugarless gum). The reason: Chewing gum after a meal can help stimulate salivary flow, helping wash away the decay-causing bacteria produced from food when we eat.

67%
One study says people eat up to 67 percent fewer calories at lunch if they chew gum in the morning.

Chewing gum is also shown to help boost mood and alleviate anxiety — and combat the stress hormone cortisol.

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Researchers at Binghamton University in New York found that titanium oxide — a food common food additive for things like chewing gum — can mess with your digestive tract. ALL IMAGES ISTOCK

"There is evidence that chewing increases blood flow to the brain, and this may contribute to the increase in alertness that is consistently associated with gum chewing," Dr. Andrew Scholey, director of the Centre for Human Psychopharmacology at Australia's Swinburne University, said in a 2009 study.

And you'll eat less at lunch if you chew gum in the morning, according to another study — upwards of 67 percent fewer calories — and they didn't eat additional calories in the afternoon or evening, either.

So, is chewing gum bad for you?

It depends on what you view as "bad." If you're worried about artificial sweeteners and additives, then you should probably steer clear.

However, gum does have some pretty significant benefits.

The bottom line: Maybe don't pull a Sean Spicer and chew (and swallow!) multiple packs of gum per day, but a stick or two to stamp out bad breath isn't going to hurt you.

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Netflix may be permitted to show movies on the fringe of the festival, outside the official competition, a Cannes official stated. ALL PHOTOS GETTY IMAGES

No Netflix, no selfies at the Cannes Film Festival this year

The festival's decision to blacklist selfies taken by members of the audience on the red carpet has caused a stir.

The Cannes Film Festival will ban Netflix from this year's event after the video-on-demand company stood firm in its refusal to give its movies a cinema release, festival director Thierry Fremaux said in an interview.

Red-carpet selfies will also be banned.

Two Netflix films were screened in Cannes last year but organizers had said the company would not be allowed to compete at the festival again if it did not show them in movie halls.

"Last year, when we selected two of their movies, I thought I could convince Netflix to release them in theaters. I was presumptuous: they refused," Fremaux told magazine Le Film Francais.

"The people at Netflix loved the red carpet and would like to show us more movies. But they have understood that their intransigence over their [business] model clashes with our own."

However, Netflix may be permitted to show movies on the fringe of the festival, outside the official competition, he said.

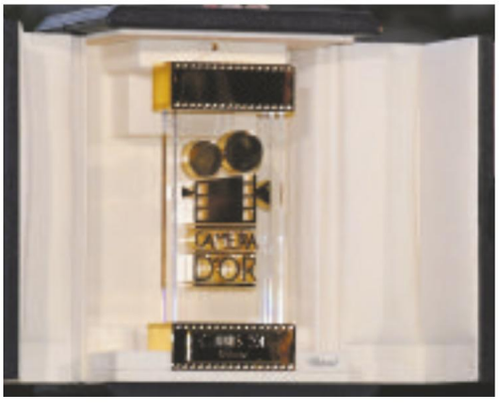
Meanwhile, the festival's decision to blacklist selfies taken by members of the audience on the red carpet caused a stir. Fremaux said selfies created a "mess."

Asked if that decision was outdated and old fashioned, Fremaux said: "No, it's quite the opposite, and you'll see, others will follow suit." Selfies, he said, "go against what has made Cannes' reputation. A certain elegance, discretion."

Fremaux also said he was ending the press screening of movies before their world premiere in the official competition. The official selection for the May 8-19 festival will be announced on April 12, he said.

> **"The people at Netflix loved the red carpet and would like to show us more movies."**
> Cannes Director Thierry Fremaux

Australian movie star Cate Blanchett will head the jury this year. REUTERS



How do I pick a career I'll actually LIKE?

NerdWallet is a personal finance website.

It's hard to know how you should best spend the rest of your life. ALL PHOTOS ISTOCK

Sure, you'll have student loans, but that doesn't mean you shouldn't also be happy.

Graduating from college with a really broad major? Join the club. But don't let that deter you from narrowing in on a job path that's the right one for you — let excitement be your dominant emotion right now, not anxiety. You're about to start a career from scratch, unlike those in their 30s, 40s or 50s who are unhappy in jobs they chose and have to reinvent themselves in a new field.

Besides, "Ten years out of school, less than 20 percent of people are doing anything having anything to do with their major of study at college," says Bill Burnett, co-author of "Designing Your Life" and executive director of the design program at Stanford University.

No matter what you studied, you can find a job you love. Think about what fires you up; explore related careers in short-term, low-risk ways; and make sure you'll earn enough money to cover your needs, wants and future self.

Start with what you love

When you're truly stumped by the direction to take, don't look to other people for ideas. Look inward. Kate Gremillion, CEO and founder of career coaching company Mavenly + Co., recommends asking, "What do people traditionally come to you for that isn't work-related?"

Are you the friend who gives great relationship advice, who designs T-shirts for your friends' bands, or who initiates the group text to organize a night out? Those skills can translate to a paying job: as a marriage and family therapist, a graphic designer or an event planner.

The job you'll most enjoy is one you'd do for free anyway.

Spend 50 percent on needs, 30 percent on wants and 20 percent on debt.

Job hunt with this in mind.

Try before you buy

Talk to people in the line of work you're considering and find low-risk ways of trying it out. Use your school's alumni or career services office to find former students with jobs that intrigue you. Ask them to have coffee or speak on the phone so you can learn about their career paths.

At this stage, you're not asking if they'll forward your resume to human resources, Burnett says. Instead, ask what steps they took to get to that role, what they like most about the job and what problems they're facing right now.

That might give you the chance to offer your services as an intern, part-time assistant or consultant. Or you can ask to shadow them for a day.

Such experiences are helpful research, because for most people, job satisfaction has less to do with salary or title, says Gremillion, than with what they're actually doing throughout the workday.

Keep money on your mind

Your career also needs to feed and house you.

"It has to be a match between what you're excited about doing and what the world actually needs done," Burnett says.

How much money is enough? Assess your potential paycheck against the 50-30-20 budget: 50 percent of your income should go toward necessities, 30 percent or less toward your wants, and 20 percent of more toward savings and debt. If rent and student loan bills will eat up more than half your income, you may need to look for a higher-paying job, or cut back on expenses.

Or scrutinize jobs based on this definition: A "good job" for a college graduate, according to Georgetown University's Center on Education and the Workforce, is full-time, pays more than $53,000 per year and offers benefits like health insurance and a retirement plan.

Ignore everyone else

Finally, do your best to shut out messages from people who have their own agendas (except for me, of course).

Parents, especially, want their kids to be able to support themselves; when giving advice, "they default to positions or roles that they think will be safe and stable," Burnett says. But not everyone will succeed at or enjoy being a doctor, lawyer or engineer. Your happiness matters more than what you've been told to do.

It will probably take a job or two to figure out what you want out of a career. Enjoy the exploration; after all, Gremillion says, "Work is allowed to be fun." BRIANNA MCGURRAN

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What to eat at Yankee Stadium

Yankee Stadium knows it's been in the shadow of Citi Field as far as food options, and it's taking some interesting steps for the 2018 baseball season to come into its own. Ahead of the team's home opener against the Tampa Bay Rays on Monday, April 2, here's your preview of the ballpark's new eats. EVA KIS

NY Pinstripe Pilsner

The stadium added a new social space with the Blue Point Bleachers Bar, which is also home to the team's new beer, the NY Pinstripe Pilsner, crisp with a "hint of lime aroma." The Mets may have their own stadium brewery and unlimited beer section, but this is a solid step toward diversifying the Yankees' beer scene. Section 237

ALL PHOTOS PROVIDED

Grand Slam Shakes

Here's the Instagram bait: Yankee Stadium now has its own "gourmet specialty dessert" with giant Grand Slam Shakes, made with either a vanilla or chocolate base in flavors like Pinstripe (vanilla, churro, cotton candy, Cracker Jack, caramel drizzle) and Chocolate All-Star (chocolate, chocolate chip cookie, fudge brownie, M&Ms, crushed Oreos), served in a souvenir cup. Pepsi Food Court

Vegan Hot Dogs

After arriving at venerable Upper East Side meat palace Schaller's Stube, the Beyond Sausage will make its ballpark debut alongside pickled jalapenos and caramelized onions on a pretzel roll. Bareburger Stand, Section 132

Rotisserie Chicken & Steak

You know what I've never tried to do in a stadium seat? Take apart a rotisserie chicken. If that's not you, great news — you can now get an organic bone-in half chicken with a parsley-garlic salsa verde with shoestring fries, or a pre-sliced (yay?) 10 oz. charbroiled flatiron steak also served with fries.

Adobo Bao Bun

Bao buns were a new addition to the ballpark's concessions in 2018, and this year they're adding a new family recipe: Filipino pulled chicken, garlic aioli and cracklins on a steamed bun. Toyota Terrace

Taquitos

This new Mexican station at the Pepsi Food Court serves gluten-free taquitos in spiced black bean or braised chicken varieties, with chili con queso and pico de gallo.

The Noodle Bowl

We're here for turning Chinese restaurant classics into sandwich form, a la newcomer The Noodle Bowl's General Tso's Crispy Chicken Sandwich with Sriracha slaw on a sesame seed bun. There's also Bacon Cheeseburger dumplings served with Thousand Island dressing and pickles made right in the stadium(!) Pepsi Food Court

Tater Kegs

The masterstroke of the Yankees concessions team this year are these jumbo tater tots, topped with sour cream, cheddar cheese, bacon bits, scallions and served on a skewer, even though you couldn't possibly pick it up without dumping everything in your lap. Sections 107 & 331, Masterpass Batter's Eye Deck

King's Hawaiian

If you like their rolls, prepare for the full Hawaiian barbecue experience at King's Hawaiian. There's the Big Island Lava Crispy Chicken Sandwich with tempura pickle chips, Kona BBQ Brisket Burnt Ends with macaroni salad, Sweet Pineapple BBQ Kalua Pork Sandwich with shoyu red cabbage slaw and a Nacho version made with wonton chips. Sections 105 & 334

‘Roseanne’ revival is the perfect microcosm of life in the Trump era

What’s new with the Conner family since the late ’90s? Find out tonight at 8 p.m. ALL PHOTOS ABC / ADAM ROSE

The sitcom’s return is more than just a trip down memory lane.

MATT JUUL
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Between all the revivals and reboots, prequels and sequels, the landscape of television in 2018 doesn’t look all that different from a coal mine, as networks seem determined to extract every ounce of ore they can from all their hits of yesteryear.

Eventually, studios and creators are going to run out of old sitcoms and drama series to mine, but for now, it looks like they’re striking gold by playing into viewers’ nostalgia. The latest revival to hit the small screen, ABC’s “Roseanne,” is poised to cash in as well thanks to the surprisingly fresh perspectives offered by its cast of returning, fan-favorite characters.

While the award-winning series has been off the air since 1997, the upcoming 10th season is a perfect fit for TV in the era of Donald Trump. “Roseanne” broke ground during its initial run for focusing on the trials and tribulations of a blue-collar family, and these themes still feel timely even after more than two decades.

Roseanne Barr’s back in the saddle as the loud and quick-witted Roseanne Conner, who is just as big a fan of the president as her real-life counterpart. And it’s refreshing to see these viewpoints in a sitcom setting, especially through the lens of the working-class voters who put him in the White House.

Although some of the jokes about modern topics like Uber and fake news fall flat at times, the interactions between Roseanne and her various family members still makes for hilarious, and often poignant, TV.

In a scene that has likely played out thousands of times in homes across the country, Roseanne comes to blows with her Hillary Clinton-supporting, pussyhat-wearing sister Jackie (Laurie Metcalf) during the season premiere. As expected, the duo trades verbal barbs over their presidential allegiances, but eventually find common ground, proving that family is more important than politics.

Roseanne’s love for Trump is perfectly balanced by the viewpoints of the supporting cast, and even the main character herself. For example, despite Roseanne’s opinions about the president, the show surprises viewers with a captivating storyline about her grandson Mark (Ames McNamara), who likes to dress up in clothes that are traditionally for girls.

Roseanne and her hubby Dan (John Goodman) — yes, he’s still alive despite his apparent death in the original run — crack a few crass jokes at Mark’s expense, but it’s clear that they have nothing but love for their grandson and just want to make sure he’s safe and happy. It’s not exactly the reaction you’d expect from pro-Trump characters that seem allergic to politically correctness.

This revival takes an honest look at the lives of working-class families in today’s divisive climate, warts and all.

“Roseanne” returns to ABC on Tuesday at 8 p.m.

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Old is *new* again

The Diamond Horseshoe is now Sony Hall. PROVIDED

First up, MGMT GETTY IMAGES

Sony Hall brings the Theater District gem Diamond Horseshoe back to high-tech life.

EVA KIS
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New York City likes to tear down its past to make way for the future. But that's not what happened when Blue Note decided to turn the Theater District's Jazz Age-era jewel the Diamond Horseshoe into its newest concert venue, Sony Hall.

"When we saw the space initially, we were in awe," recalls Jordy Freed, vice president of business development at Blue Note Entertainment Group. "There's literally no other space in New York like this. This is a special place, you see it and feel it right away when you walk into the venue."

Despite being built in 1938 as a basement supper club for vaudeville acts, Freed says the Horseshoe was almost surprisingly easy to transform into what a modern music venue needs to be. Paint and upholstery were the major changes, while the sound board was tucked inside what used to be a dome in the ceiling: "We did not do a massive renovation."

The stage now extends a bit farther into the room, but most of the major changes are courtesy of Sony, Blue Note's partner in the venue.

"We'll have a multidimensional audio technology system that is going to provide a more immersive musical experience not only for the fan but for the artist," he says, including screens on both sides of the stage, projectors and a camera system for capturing shows and livestreaming them.

Potentially, Sony may even use the venue to roll out cutting-edge tech here before it's available anywhere else: "One of the broader intentions of this partnership is having Sony Hall become a place to test new technology."

The fact that the Diamond Horseshoe was already set up with a full kitchen and extensive bar in the back clinched the deal. Those will remain, though don't necessarily expect the kind of service you find at Blue Note's other venues in the city, B.B. King's Blues Club and the Highline Ballroom.

The venue has a capacity of 1,000 standing or 500 seated, and most events won't combine the two experiences. The vast majority of shows will not use "theater in the round" concept like the Horseshoe's last tenant, the immersive dinner theater production Queen of the Night that ran from 2013 until the venue's closing to become a private entertainment space in 2015.

As for who will be on that stage, the venue opens tonight with a free show by the Sony Music-repped rock band MGMT. But Sony Hall won't be limited to the label's artists, though the acts will be chosen to appeal to a younger audience. "On a week-to-week level, we're going to feature artists across the music industry and across all genres."

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Wake and bake ... or brew.
CAFFEINE UNDERGROUND

There's a coffee shop in Bushwick that will serve you up with a caffeine jolt, then bring you back to mellow with the help of marijuana-infused coffee.

Brooklyn's Caffeine Underground (447 Central Avenue, Bushwick) is now serving coffee infused with cannabidiol, also known as CBD and the component in marijuana responsible for its resulting "chill."

Their coffees come from Flower Power Coffee Co., whose motto is to "enhance the life experience of health-conscious consumers." They're brewed from individual packets and taste no different from regular coffee.

Owner Ian Ford describes the effect to Bushwick Daily: "You won't consciously be aware that it's working until you're in traffic, and you're not as upset as you normally would be."

To clarify, the cannabis plant has more than 100 cannabinoid compounds, but only tetrahydrocannabinol (THC) actually causes hallucinations. Cannabidiol, or CBD, has mild to no psychoactive properties and even boasts proven health benefits like lowering inflammation and relieving pain. Most importantly, CBD is legal.

GETTY IMAGES

There's a growing movement within the food world advocating for use of CBD as another ingredient in the enjoyment of your meal (or coffee). New York City has a thriving underground scene for private "dankquets" where chefs experiment with both CBD and marijuana-infused meals.

Many Americans — and 62 percent of New Yorkers — support the legalization of marijuana.

But doesn't the caffeine kick counteract the CBD's mellowing effect? Maybe we've finally found a purpose for decaf coffee.

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Mount Sinai

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March is National Kidney Awareness Month, but kidney health has been in the news in New York for the past few weeks: Former Yankees general manager Bob Watson, known as "The Bull" in his playing days, is battling kidney disease at age 71. He turned down donation offers from two of his kids: "I told them both the same thing: 'I've had a good life and I don't want to take a kidney from young people who really need them and still have their whole lives ahead of them,'" Watson told the New York Daily News.

While Watson remains on dialysis and isn't waiting on a donor kidney, more than 93,000 people are on the waiting list. According to the National Kidney Foundation, 1 in 3 American adults, or 73 million people, are at risk for developing kidney disease, and 1 in 9 American adults are estimated to have chronic kidney disease, though most don't even know it. We talked to Dr. Girish Nadkarni, assistant professor of medicine and nephrology at the Icahn School of Medicine at Mount Sinai, to learn about keeping your kidneys healthy.

Who's at risk for kidney cancer?
The rates of kidney cancer in the United States may be increasing and this may be partly due to more advanced imaging techniques that can detect cancer at an early age. There are people born with certain genetic syndromes who are at an increased risk of kidney cancer. ... Other risk factors for kidney cancer include older age, a history of smoking, having a higher body mass index, having higher blood pressure, being on long-term dialysis treatments for kidney failure and finally exposure to environmental toxins such as heavy metals and pesticides.

What are the signs?
Kidney cancer does not cause signs or symptoms in its early stages. In the later stages, some signs might include differently colored urine, pain in your back or side that doesn't go away, appetite loss, unexplained weight loss, tiredness and intermittent fevers.

What are kidney stones?
They're hard deposits made of minerals that form when your urine contains more minerals than the fluid in your urine can dilute. … Risk factors include family history, a higher body mass index, not drinking enough water, eating a diet high in salt and animal protein. Sometimes, certain surgeries including bariatric surgery can cause a certain type of kidney stones. In addition, certain medical conditions like inflammatory bowel disease can cause specific kinds of kidney stones.

What are the warning signs?
A kidney stone may not cause symptoms or any signs until it passes into your ureter — the tube connecting the kidney and bladder. At that time, there might be severe pain in the side and back, which may radiate to the stomach. The pain might increase on urination and be associated with change in the color of urine, change in the smell of your urine, a need to urinate more frequently and finally, fever (especially if the stones get infected).

What conditions or diseases affect the kidneys (diabetes, etc.)?
The most common disease causing chronic kidney disease is diabetes, followed closely by hypertension. Sometimes, the kidney can get inflamed. Genetic conditions and some cancers may lead to kidney failure, although this is less common.

How important are donors when it comes to people who need new kidneys? Who should be tested?
Donors are extremely important when it comes to people who need new kidneys. Compared to a deceased donor kidney (taken from a deceased person); a kidney donated by a living donor, offers several advantages, including less time spent on the waiting list. In addition, there can be a scheduled time for surgery as opposed to an emergency procedure once the deceased donor is available. Oftentimes, the donated organ starts working right away once transplanted compared to deceased donor organs, which might take a while.

Almost anyone who wants to save a life should be tested to be a living donor — set up a physician appointment for medical testing.

How can you ensure you have healthy kidneys?
Get tested and ask your doctor what your kidney numbers look like. Then manage your medical conditions, including diabetes and blood pressure well. Optimal control of these conditions can prevent kidney damage. Maintain a healthy weight, be physically active and don't smoke. Finally, when using OTC pain relievers, such as aspirin, ibuprofen and acetaminophen (Tylenol, others), be careful and read the instructions. Taking too many pain relievers could lead to kidney damage and generally should be avoided if you have kidney disease. If in any doubt, always ask your doctor. SHEILA DOUGHERTY

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OBJ threatens, but Big Blue might trade away troubled WR

Odell Beckham Jr. is threatening to hold out until he gets a contract extension, but the Giants might have other plans in mind.

JOE PANTORNO
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New York Giants wide receiver Odell Beckham Jr. looks as though he will finally take action in his pursuit of a long-term contract extension.

According to NFL Network's Ian Rapoport, Beckham "will not step foot on a field" without a new deal in hand.

However, that may never happen.

Suddenly, Beckham has become the biggest possible trade target in the NFL as the star's price was revealed on Monday. The New York Daily News' Pat Leonard reported that the return the Giants would be looking for should they deal Beckham would be "a first-round pick plus [more]."

Leonard added that the Los Angeles Rams and Giants have had talks about a possible deal.

The 25-year-old is entering the final year of his rookie contract, a fifth-year option set to pay him $8.5 million before possibly becoming a free agent.

Beckham has gone on the record saying that he wants to be the highest-paid player in the league, first stating those intentions with Uninterrupted prior to the 2017 season.

It wasn't too far-fetched of a desire considering Beckham was developing into one of the game's greatest receivers. In his first three professional seasons, he hauled in 457 catches for over 4,000 yards receiving and 35 touchdowns.

That kind of production under a rookie deal made the LSU product one of the biggest bargains in the league and would normally put any NFL talent like that on course for an enormous payday.

However, Beckham's well-documented problems on and off the field have given pause to the organization. Whether it was on-field melees with opposing cornerbacks and kicking nets or Miami boat trips, the receiver has constantly made headlines for reasons other than his play.

Odell Beckham Jr. is looking for a long-term deal with the Giants, but the franchise might trade him away. GETTY IMAGES

Then came a 2017 season shortened due to an ankle injury that limited him to just four games. It was one of the benchmark disasters of the Giants' horrid 3-13 campaign that now has them selecting No. 2 overall in the NFL Draft this April.

While his rehabilitation is coming along without a hitch, making him all but guaranteed to take part in training camp and get back up to speed after an extended absence, Beckham made headlines again for the wrong reasons. This time, a video surfaced of him in Paris earlier this month captured Beckham holding what is believed to be a blunt in his left hand while in a hotel room with a woman doing cocaine.

Once again, not a good look for the Giants, whose patience seems to be wearing thin with the receiver.

"I guess my response to that is I'm tired of answering questions about Odell's behavior," Giants co-owner John Mara said (h/t Paul Schwartz, New York Post). "He knows what's expected of him, and now it's up to him."

Mara was quick to add that the team was not exploring possible trades for Beckham, but when asked if he could envision a future without the receiver, Mara said "I can't answer that one way or another... When you're coming off a season when you're 3-13 and played as poorly as we played, I wouldn't say anybody's untouchable."

So much for not currently looking.

Holding out for a new deal could be a risky move for Beckham. The rebuilding franchise could simply call his bluff and wait until he either comes around or the right trade offer emerges. Needless to say, there is already plenty of interest in him.

The Giants also have plenty of other topics to address, including the navigation of free agency and that No. 2 pick in the draft.

But there is also the option of keeping Beckham and letting him sit and hurt his own stock. While it's unlikely he would sit the entire season if he didn't get that extension, the Giants could franchise tag him in each of the following two seasons, keeping him under team control through 2020, forcing him to get back on the field to perform and behave for that big-money deal.

GIANTS MUST MOVE ON FROM BECKHAM

OPINION

KRISTIAN DYER
@KristianRDyer

Time for the New York Giants to make the move on from Odell Beckham Jr., this as team ownership might finally be getting fed up with the talented wide receiver.

It has been a spiral of descent for Beckham over the past three years, who initially showed his petulant side in 2014 with a series of meltdowns in a game against the Carolina Panthers. Since that time that cornerback Josh Norman got in his head, Beckham has still continued to produce but he has shown an immaturity that borders on being detrimental. Chronologically he has picked a fight with a kicking net on the sidelines, partied a week before the playoffs on Justin Bieber's boat in Florida, punched a hole in the locker room at Lambeau Field, faux urinated like a dog during a touchdown celebration, and was photographed this past month in a compromising situation.

All of which is to say that while Beckham is talented, he is a talented liability. Finally, it appears that the team is getting fed up with all of this. Comments by owner John Mara this weekend seem to indicate that the Giants might be ready to move on, that no one is "untouchable."

For a team in rebuilding mode, time to move on and maximize what they can get. Anything else leaves the Giants rebuilding in possible limbo.

Not only is he coming off an injury that cut his 2017 season short, Beckham is now in the final year of his rookie contract and there is no guarantee that he won't move on from the Giants. This is a horrible scenario for New York, leaving them without anything for a player who is a generational wide receiver. Beckham clearly has otherworldly talent, a game changer who is a tremendous route runner and backs it up with athletic ability that is off the charts.

But the Giants might be cleaning out his locker in 2019 as there is no sure thing that he'll be back or want to be back. So the time might be now for the Giants to trade Beckham, an idea that must be gaining momentum in light of recent issues.

In an ideal situation, Beckham finally gets serious and realizes that his skill set combined with discipline and a clear head could make him one of the greatest wide receivers in NFL history. But there isn't a guarantee that he will find that headspace and get his act together. At this point, he is being reckless not only with his own future but the direction of this Giants organization moving forward.

Someone will pay for him, he is simply too talented for some knucklehead owner to not want him. The Giants need to capitalize on this and move ahead fully with the idea of trading away the wide receiver who is arguably their best player.

Teams will be interested in Beckham; they will be willing to fork over multiple draft picks to get him. With no guarantee that they can retain him beyond this year or that his mentality will improve, the Giants must do what makes the most sense. It is the closest thing to a rational move in this less than desirable situation.

That means getting picks to get deeper and better while maintaining cap flexibility moving forward.

This team will still need to re-sign Landon Collins, after all, who like Beckham, is in the final year of his rookie contract. Unlike Beckham, Collins doesn't carry the same issues or baggage with him into a long-term deal.

The highlight reels are nice, so too is Beckham's past production with the Giants. But he's proven over the past two years and more so over the past two weeks that he isn't a building block for the future of the Giants. The foundation of the Giants can't be built on him or his attitude moving forward without the risk of things crumbling.

Jets have DT options after backing out on Suh

Gang Green rescinded its high offer to the veteran defensive tackle over the weekend.

JOE PANTORNO
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The New York Jets ensured that history would not repeat itself over the weekend.

After emerging as serious favorites to sign free-agent defensive tackle Ndamukong Suh, the Jets backed out of their big-time offer that was believed to be the most expensive on the table for the veteran.

Instead of acquiring a big-name whose better days might be behind him — something the Jets have done for the better part of this millennium — New York is sticking to its plan of rebuilding with youth.

They've been aggressive in free agency with the signings of quarterback Teddy Bridgewater, cornerback Trumaine Johnson, running back Isaiah Crowell and wide receiver Terrelle Pryor, among others, all of whom are 28 or younger.

They will also be adding a centerpiece of their future with the No. 3 overall pick in the draft this April.

Suh is 31 and coming off a 4.5-sack 2017 season, his lowest output since his second year in the league in 2011. He is still one of the better interior defensive linemen in the league, but sinking a considerable amount of expansive cap space into Suh would have gone against everything general manager Mike Maccagnan has done this offseason.

The Jets are still in need of some help on the defensive line after releasing Muhammad Wilkerson and if they wish to address the position in free agency, there are still plenty of targets that could be looked at:

DAVID IRVING

2017 TEAM: DALLAS COWBOYS
CAREER STATS: 35 GAMES, 11.5 SACKS, 52 TOTAL TACKLES

The Cowboys somewhat surprisingly placed a second-round tender on Irving, which makes it possible for another team to come in with an offer sheet that Dallas might not want to match. At just 24 years old and preparing for his fourth NFL season, Irving is coming off a rocky 2017 campaign that saw him limited to just eight games due to injuries and a suspension. Still, he put up seven sacks in that span while forcing a fumble after making the move from end to tackle.

JOHNATHAN HANKINS

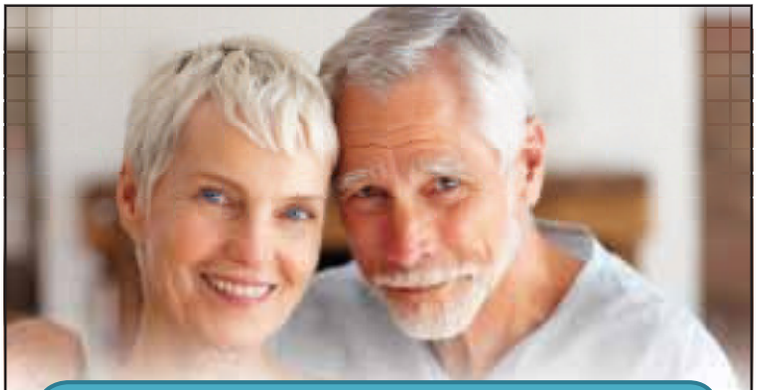
2017 TEAM: INDIANAPOLIS COLTS
CAREER STATS: 67 GAMES, 12 SACKS, 184 TOTAL TACKLES

Due to a change in Indianapolis' defensive scheme, Hankins was suddenly made expendable and cut just one season after signing a three-year deal. The 26-year-old has proven to be an effective run stopper as his 6-foot-3, 320-pound frame can help clog up lanes for opposing running backs. He has also shown that he can succeed in a big market, compiling 140 total tackles, 10 sacks and three forced fumbles in four years with the Jets' Metlife Stadium roommates, the New York Giants.

BENNIE LOGAN

2017 TEAM: KANSAS CITY CHIEFS
CAREER STATS: 74 GAMES, 7 SACKS, 219 TOTAL TACKLES

As a replacement for Dontarie Poe, Logan did well along the Chiefs defensive line under a one-year, $8 million deal. Per Pro Football Focus, he ranked 17th among all defensive tackles in run stop percentage at 9.8-percent. Among unrestricted free-agent defensive linemen, that figure ranked fourth-best last year. Logan is a 6-foot-2, 309-pound 26-year-old who is versatile enough to play anywhere on the defensive line from nose tackle to edge rusher.



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Ankle lands Yanks' Bird on DL for 6 to 8 weeks

Greg Bird's oft-injured foot could hold him out for the start of the 2018 season.

JOE PANTORNO
joseph.pantorno@metro.us

Greg Bird is expected to miss six to eight weeks due to bone spurs in his right ankle a year after undergoing surgery on his right foot. GETTY IMAGES

The New York Yankees are once again placing Greg Bird on the disabled list in early spring as the young first baseman continues to deal with problems with the area around his surgically-repaired right foot.

Bird was scratched from the Yankees spring training game on Saturday due to soreness in the area and after seeing foot specialist Martin O'Malley — the doctor who performed surgery on his injured right foot last season — it was deemed that he must undergo surgery to remove a bone spur from his ankle today and will miss six-to-eight weeks.

Less than a month into the 2017 season, Bird fouled a ball off the top of his foot and was on the disabled list for the next three months, returning in August to help the Yankees in their run to the ALCS.

At 25 years old, Bird is considered to be the franchise's answer at first base for the foreseeable future. His left-handed bat has shown flashes of power that will likely feast upon the short porch at Yankee Stadium.

In the 162-game averages calculated by Baseball-Reference that Bird has put up in his short MLB stint (94 games in two years), he could hit upward of 34 home runs while driving in 102 runs in a full season.

His healthy presence in the Yankees lineup would add another imposing bat to an already loaded lineup that features Giancarlo Stanton, Aaron Judge and Gary Sanchez. However, the 25-year-old batted .154 with one home run in 52 spring training at-bats.

Now, new Yankees manager Aaron Boone will have to test the depth of his roster to get by without Bird.

Tyler Austin has played 35 of his 51 career MLB games at first base, batting .236 with seven home runs and 20 RBI. The trend of promising power and low averages continued in spring training this year as the 26-year-old Austin batted .227 in 44 at-bats during the exhibition season with four home runs and six RBI.

Should Boone want a more reliable option, newly-signed Neil Walker could prove to be a much-needed utility infielder. While his primary position is second base, Tyler Wade's strong spring ensured that there would be a platoon at the position. Walker has played 17 games at first base, 14 of them coming with the Milwaukee Brewers after he was dealt from the New York Mets last year.

If there is need to get both Walker and Wade's bat in the lineup, the former could very well fill in at first base for the time being.

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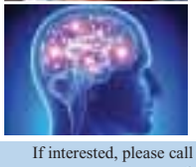

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NOTICE OF FORMATION of T.U Sound LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 12/19/2017. Office location: Bronx County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 3308 Lurting Ave., Bronx, NY 10469. Purpose: Providing DJ services and quality Caribbean events in the Tri-State area.

Key Collegiate Charter School
is accepting proposals for our vended meal food program beginning 8/22/2018. Proposals are due 4/20/18 EOD to kmazer@keycolligiate.org. For a copy of the RFP contact

LEGAL NOTICES

NOTICE OF SALE
SUPREME COURT:
QUEENS COUNTY
DEUTSCHE BANK NATIONAL TRUST COMPANY AS TRUSTEE
FOR GSR MORTGAGE LOAN TRUST 2006-OA1; Plaintiff(s)
vs. TONI SIMONS; et al;
Defendant (s) Attorney (s) for Plaintiff (s): ROSICKI, ROSICKI & ASSOCIATES, P.C.
2 Summit Court, Suite 301
Fishkill, New York, 12524,
845.897.1600
Pursuant to judgment of foreclosure and sale granted herein on or about January 29, 2018, I will sell at Public Auction to the highest bidder at the QUEENS COUNTY SUPREME COURT, located at 88-11 SUTPHIN BOULEVARD, JAMAICA, NEW YORK, IN COURTROOM #25. On April 27, 2018 at 10:00 am. Premises known as 167 FOCH BLVD, JAMAICA, NY 11434
Block: 12364 Lot: 114
ALL that certain plot, piece or parcel of land, situate, lying and being in the Borough and County of Queens, City and State of New York.
As more particularly described in the judgment of foreclosure and sale. Sold subject to all of the terms and conditions of the contained in said judgment and terms of sale. Approximate amount of judgment $329,462.65 plus interest and costs.
INDEX NO. 19399/2013
Peter M. Wolf, Esq., Referee

LEGAL NOTICES

SUPPLEMENTAL SUMMONS
Index No.: 704359/2016
Date of Filing: February 14, 2018
SUPREME COURT OF THE STATE OF NEW YORK
COUNTY OF QUEENS
WELLS FARGO BANK, N.A. Plaintiff,
-against-
VINCENT NICHOLAS INDIVIDUALLY AND AS HEIR AT LAW AND NEXT OF KIN OF CLEMENT GIBSON;

NEW YORK CITY PARKING VIOLATIONS BUREAU; NEW YORK CITY TRANSIT ADJUDICATION BUREAU; "JOHN DOE" AND "JANE DOE" 1 THROUGH 50, INTENDING TO BE THE UNKNOWN HEIRS, DISTRIBUTES, DEVISEES, GRANTEES, TRUSTEES, LIENORS, CREDITORS, AND ASSIGNEES OF THE ESTATE OF CLEMENT GIBSON WHO WAS BORN IN 1931 AND DIED ON AUGUST14, 2015, A RESIDENT OF THE COUNTY OF QUEENS, THEIR SUCCESSORS IN INTEREST IF ANY OF THE AFORE SAID DEFENDANTS BE DECEASED,THEIR RESPECTIVE HEIRS AT LAW, NEXT OF KIN, AND SUCCESSORS IN INTEREST OF THE AFORESAID CLASSES OF PERSON, IF THEY OR ANY OF THEM BE DEAD, AND THEIR RESPECTIVE HUSBANDS, WIVES OR WIDOWS, IF ANY, ALL OF WHOM AND WHOSE NAMES AND PLACES OF RESIDENCE ARE UNKNOWN TO THE PLAINTIFF; LILIAN ELIZABETH GIBSON AS HEIR AT LAW AND NEXT OF KIN OF CLEMENT GIBSON; NEW YORK STATE DEPARTMENT OF TAXATION AND FINANCE; NEW YORK CITY ENVIRONMENTAL CONTROL BOARD; ''JOHN DOES'' and ''JANE DOES'', SAID NAMES BEING FICTITIOUS, PARTIES INTENDED BEING POSSIBLE TENANTS OR OCCUPANTS OF PREMISES, AND CORPORATIONS, OTHER ENTITIES OR PERSONS WHO CLAIM, OR MAY CLAIM, A LIEN AGAINST THE PREMISES, Defendants.

TO THE ABOVE-NAMED DEFENDANTS: YOU ARE HEREBY SUMMONED to answer the complaint in this action and to serve a copy of your answer, or, if the complaint is not served with this summons, to serve a Notice of Appearance on the Plaintiff's attorney(s) within twenty (20) days after the service of this summons, exclusive of the day of service, where service is made by delivery upon you personally within the State, or within thirty (30) days after completion of service where service is made in any other manner, and in case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded in the complaint.

NOTICE YOU ARE IN DANGER OF LOSING YOUR HOME If you do not respond to this summons and complaint by serving a copy of the answer on the attorney for the mortgage company who filed this foreclosure proceeding against you and filing the answer with the court, a default judgment may be entered and you can lose your home. Speak to an attorney or go to the court where your case is pending for further information on how to answer the summons and protect your property. Sending a payment to your mortgage company will not stop this foreclosure action.

YOU MUST RESPOND BY SERVING A COPY OF THE ANSWER ON THE ATTORNEY FOR THE PLAINTIFF (MORTGAGE COMPANY) AND FILING THE ANSWER WITH THE COURT. YOU ARE HEREBY PUT ON NOTICE THAT WE ARE ATTEMPTING TO COLLECT A DEBT, AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE TO THE ABOVE-NAMED DEFENDANTS: The foregoing summons is served upon you by publication pursuant to an Order of the Honorable Pam Jackman Brown of the Supreme Court of the State of New York, signed on February 2, 2018, and filed with supporting papers in the Office of the Clerk of the County of Queens, State of New York. The object of this action is to foreclose a mortgage upon the premises described below, executed by CLEMENT GIBSON and VINCENT NICHOLAS to WELLS FARGO BANK, N.A., bearing date November 14, 2007 and recorded in CRFN: 2008000010058 of Mortgages in the County of Queens on January 9, 2008. The aforesaid instruments were thereafter modified by Home Affordable Modification Agreement effective March 1, 2012 and recorded in CRFN: 2012000175047 of Mortgages in the County of Queens on May 2, 2012, creating a new principal balance of $307,022.19. Said premises being known as and by 130-24 147TH STREET, JAMAICA, NY 11436. Date: February 13, 2018 Batavia, New York Jamila A. Lee, Esq. ROSICKI, ROSICKI & ASSOCIATES, P.C. Attorneys for Plaintiff Batavia Office 26 Harvester Avenue Batavia, NY 14020 585.815.0288 Help For Homeowners In Foreclosure New York State Law requires that we send you this notice about the foreclosure process. Please read it carefully. Mortgage foreclosure is a complex process. Some people may approach you about "saving" your home. You should be extremely careful about any such promises. The State encourages you to become informed about your options in foreclosure. There are government agencies, legal aid entities and other non-profit organizations that you may contact for information about foreclosure while you are working with your lender during this process. To locate an entity near you, you may call the toll-free helpline maintained by the New York State Banking Department at 1-877-BANKNYS (1-877-226-5697) or visit the Department's website at www.banking.state.ny.us. The State does not guarantee the advice of these agencies.

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LEGAL NOTICES

NOTICE OF SALE
SUPREME COURT
COUNTY OF QUEENS FEDERAL NATIONAL MORTGAGE ASSOCIATION, Plaintiff(s),
Index No. 710842/2015 Against HELEN JENNINGS, ET AL., Defendant(s) Pursuant to a Judgment of Foreclosure and Sale, duly entered in the Queens County Clerk's Office on 2/6/2018, I, the undersigned Referee, will sell at public auction in Courtroom #25 of the Queens County Supreme Court, 88-11 Sutphin Boulevard, Jamaica, NY on 4/20/2018 at 10:00 am, premises known as 13045 224th Street, Springfield Gardens, NY 11413, and described as follows: ALL that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Fourth Ward, Borough and County of Queens, City and State of New York, and designated on the tax maps of the Queens County Treasure as Block 12902 and Lot 14.
The approximate amount of the current Judgment lien is $539,947.12 plus interest and costs. The premises will be sold subject to provisions of the aforesaid Judgment of Foreclosure and Sale;
Index # 710841/2015. Donna Furey, Esq., Referee McCabe, Weisberg & Conway, P.C. 145 Huguenot Street, Suite 210 New Rochelle, NY 10801
Dated: 2/16/2018
File Number: 560-6411

NOTICE OF FORMATION of A Talent Toolbox, LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 02/15/2018. Office location: Bronx County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o United States Corporation Agents, Inc., 7014 13th Ave., Ste. 202, Brooklyn, NY 11228. The principal address of the LLC is: 5700 Arlington Ave., # 3B, Bronx, NY 10471. Purpose: any lawful act or activity

NOTICE IS HEREBY GIVEN that a license, Number Pending, for Restaurant Wine has been applied for by the undersigned to sell Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 227 Mulberry St., Store B, New York, NY 10012. New York County, for on-premises consumption. Dez Mulberry LLC.

NOTICE IS HEREBY GIVEN that a license, Number Pending, for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail in a Bar/Tavern under the Alcoholic Beverage Control Law at, 1067 Madison Ave., New York, NY 10028. New York County, for on premises consumption. Markys, LLC d/b/a Pending.

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LEGAL NOTICES

NOTICE OF SALE
SUPREME COURT:
QUEENS COUNTY
MASTER HOLDING INC.;
Plaintiff (s) vs. GURU P. HARIPRASAD; et al; Defendant (s)
Attorney (s) for Plaintiff (s): ROSICKI, ROSICKI & ASSOCIATES, P.C.,
2 Summit Court, Suite 301,
Fishkill, New York, 12524,
845.897.1600
Pursuant to judgment of foreclosure and sale granted herein on or about March 1, 2018, I will sell at Public Auction to the highest bidder at the QUEENS COUNTY SUPREME COURT, located at 88-11 SUTPHIN BOULEVARD, JAMAICA,
NEW YORK, IN COURTROOM #25.
On April 27, 2018 at 10:00 am.
Premises known as 90-60
180 STREET, JAMAICA, NY 11432
Block: 9896 Lot: 78
All that certain lot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough and County of Queens, City and State of New York.
As more particularly described in the judgment of foreclosure and sale. Sold subject to all of the terms and conditions contained in said judgment and terms of sale.
Approximate amount of judgment $612,872.98 plus interest and costs.
INDEX NO. 704917/2014
Peter M. Wolf, Esq., Referee

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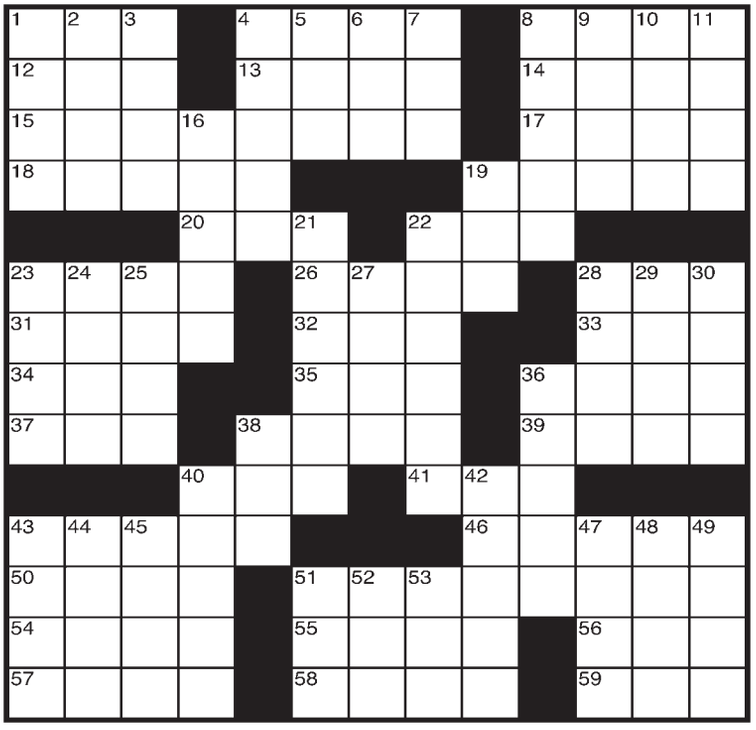
Across

1 Dowser's tool
4 Gridlocks
8 Biz biggies
12 Baja gold
13 Major Hoople
14 Mr. Klemperer
15 Ignores the alarm (2 wds.)
17 Nullify 1
8 Turkey neighbor
19 High-IQ society
20 Spiral molecule
22 Deep black
23 Ration out
26 Tinsel time
28 Ben & Jerry rival
31 Designer label
32 Some MDs
33 Green parrot
34 Title in Madras
35 Permit
36 Zoo barker
37 Underwater shocker
38 Hackman or Wilder
39 -- of Wight
40 Exclude
41 Road map info
43 Sources of water
46 Get around
50 Lotion ingredient
51 Bored
54 Pen points
55 Sporty trucks
56 2,001, to Ovid
57 New Mexico art colony
58 Portal
59 Pose

DOWN

1 Antarctic sea
2 Monsieur's airport
3 Active sort
4 Bonsai's land
5 Wee hrs.
6 "Apres --, le deluge"
7 W-2 info
8 Yearn to have
9 007 school
10 Redding of blues
11 Bubbly buy
16 Quilt filler
19 Cartoon voice -- Blanc
21 One who's casting about?
22 Fool of yore
23 Consumer gds.
24 Blarney Stone site
25 Labor
27 Inaugurate
28 Barely manages
29 Good buy
30 Sturdy lock
36 Kitchen tool
38 Pit stop purchase
40 Word of grace
42 On edge
43 Hunger for
44 Director -- Kazan
45 Timber wolf
47 Poor-box filler
48 Half, in combos
49 Revise
51 Liner's need
52 Hagen of films
53 Clear, as profit



metro.us/sudoku

easy

	3	9			4		7	6
	8			1	7			
	4					1		
9			6		8	7		4
6		3	9		5			1
		5					6	
			8	5			1	
2	6		4			3	8	

hard

2			3			8		
					8		9	3
					4	2	7	
8			2	4	7		1	
3								4
	1		8	5	3			2
	3	8	9					
6	2		7					
		1			2			8

metro.us/horoscopes

Aries Look at a competitive situation as a test to prove your ability and as a chance to advance. Turn frustration into determination, and take care of business.

Taurus Don't be too willing to share your feelings or to let others see your vulnerability. Work hard and finish what you start. Don't give anyone a reason to complain.

Gemini Get out of dreamland and look at situations realistically. Don't let emotional situations slide because you don't want to deal with sensitive issues.

Cancer You'll get wind of some information that probably isn't accurate. Before you make a fuss or add to the problem, get your facts straight. Gossip will get you into trouble.

Leo Don't lend or borrow money or possessions. Someone will take advantage of your generosity if you are too open about what you have. You can't buy love or friendship.

Virgo An emotional letdown will occur if you trust someone to take care of something you should be handling. Be ready to counter a last-minute change.

Libra One of your peers or someone you look up to will not give you a true picture of what's going on at work, school or within a group you belong to.

Scorpio Go over details pertaining to your home. Making sure your papers are in order, it will help you avoid being caught off-guard with an expense you didn't foresee.

Sagittarius Make changes for the right reason, not because someone is applying pressure. Be kind but stern, and only do what makes you feel comfortable.

Capricorn Last-minute changes and unpredictable people will cause you grief if you aren't prepared to cut them loose. You are best off doing your own thing.

Aquarius Something you loved to do when you were young will come back into your life. Find out how you can incorporate an old hobby or skill into your current lifestyle.

Pisces Stay on track. Your tendency to multitask will end up working against you. The process you use to get from one task to another should have a positive flow. EUGENIA LAST

Yesterday's answers

W	E	D	D	I	N	G	D	J			S	H	O	P
E	S	C	A	P	E	R	O	O	M		T	A	R	O
A	H	A	M	O	M	E	N	T	S		U	R	D	U
V	A	R			O	A	T		D	I	N	D	I	N
E	R	E	C	T		T	A	C	O	S	T	A	N	D
S	P	A	D	A	Y		S	E	S	H		T	A	E
			D	M	A	R	K	S			W	I	L	D
	L	O	V	E	Y	A		A	B	B	O	T	S	
G	E	L	D				D	O	R	I	A	N		
A	N	D		A	M	O	K		G	R	A	P	H	S
M	A	S	S	P	A	N	I	C		F	T	L	E	E
B	O	P	P	E	R		N	O	R			I	L	L
I	L	I	E		C	H	A	P	E	R	O	N	E	D
N	I	C	E		H	O	W	A	B	O	U	T	N	O
O	N	E	D			G	A	Y	A	N	T	H	E	M

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